

NEWS FROM JOHN

JOHN R. CARLSON
President

J. R. CARLSON LABORATORIES, INC.

15 College Drive, Arlington Hts., IL 60004-1985

- 847-255-1600
- 800-323-4141
- Fax: 847-255-1605
- E-Mail: carlson@carlsonlabs.com
- Website: www.carlsonlabs.com

TRANS FAT SPECIAL NEWSLETTER

NEWS FLASH

The Food and Drug Administration (FDA) has issued a proposed amendment to its regulations on nutritional labeling that will require the amount of trans fats in foods to be separately listed in the "NUTRITION FACTS" panel of labels. Currently, trans fats are hidden within the "saturated fat" portion of "NUTRITION FACTS".

Trans fatty acids are different from naturally occurring fatty acids because the molecule has been "twisted" in one or more places from high heat processing or cooking. When trans fatty acids get into our cell membranes, they create abnormal body chemistry which may lead to disease.

Created by man through a process called hydrogenation to solidify natural liquid polyunsaturated oils (fats), trans fats are found in margarine, pastry and other processed foods. We also consume trans fats when polyunsaturated vegetable oils are heated as in making donuts, french fries, fried chicken and fish.

Public awareness is the first step toward eliminating trans fats from our food supply. Many food manufacturers do not control the trans fatty acids produced. When processed foods must declare trans fat separately on the product labels, manufacturers will start reducing them.

I trust you agree this is an important regulation that can affect the lives of all of us. The FDA is simply asking for public comments on their proposal. Please send your comment before February 15, 2000 to:

FDA Docket Management Branch
HFA-305 FDA
5630 Fishers Lane
Room 1061
Rockville, MD 20852

For more information:

94 P - 0036

The proposal is 100 pages long and can be found at www.access.gpo.gov/su_docs/. Search for trans fats under proposals and you should find it immediately.

PLEASE
REQUIRE
LISTING OF
AMOUNTS
OF TRANS FAT

7590
JAN 19 PM 3:39



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REPRINT FROM MY
JANUARY 1998 NEWSLETTER

"NEW STUDY" SHOWS TRANS FATS
HARMFUL

The headline of a news article in my local paper stated a new study shows that "...something called trans fat, a primary ingredient of standard stick margarine and shortening, is an especially unhealthy part of the diet." Once again, scientists are rediscovering what the health food industry has known for years.

On the plus side, it took their scientists only 20 years to find out the trans fats in margarine are unhealthy, while it took over 50 years to reach present day acceptance of Vitamin E.

The study, reported in the November 20, 1997 issue of the New England Journal of Medicine, was based on the Nurses Health study (a dietary study of 80,100 female nurses.) Researchers calculated that people could reduce their risk of heart disease by 53% if they eliminate trans fat from their diet. A replacement of only 5% of calories from saturated fat with unsaturated fat would lower the risk by 42%.



Trans fats are often hidden in label copy under "partially hydrogenated" oil. They are usually found in cookies, crackers, commercial pastries, pies, and salad dressings. Heated unsaturated vegetable oils produce substantial amounts of trans. fats, so deep-fried foods like donuts and french fries can also contain abundant trans fats.

Monosaturated fats (as olive oil) and unheated polyunsaturated fats (as found in fish) are healthy for the heart.



RECENT REPORTS

DIETARY FATS AND DISEASE

It is estimated that just a 1% reduction in dietary intake of fat and saturated fat a 0.1 % reduction in cholesterol would prevent 56,000 cases of coronary heart disease and cancer. This would save over 117,000 life-years over a 20-year period.

"High Costs of Poor Eating Patterns in the US" NUT. WEEK, June 18, 1999 29(23): 4-5

TRANS FATS AND ATHEROSCLEROSIS

An interesting laboratory study investigated the effect of trans fatty acids and magnesium on the calcification of arterial cells, an indication of atherosclerosis.

Arterial cells were grown in a media containing low or high amounts of magnesium plus various concentrations of *cis* and *trans* fatty acids. Then calcium was added, and amounts incorporated into the cells was determined.

Researchers concluded their results indicate that a diet low in magnesium combined with trans fats may increase the risk of calcification of arterial cells.

Am. J. Clin. Nutr. 1999; 70:832-8

FROM THE BOOK "SMART FATS"

"As we discover more about trans fatty acids and how they might influence the brain, there appears to be no good reason why anyone would knowingly consume trans fat containing foods".

Michael A. Schmidt "Smart Fats" p. 95

FROM THE BOOK "FATS AND OILS"

"For this reason, trans-fatty acids encourage fatty deposits in the arteries, liver and other organs, and trans-fatty acids also make platelets more sticky, increasing the likelihood of a clot in a small blood vessel, leading to strokes, heart attacks, or circulatory occlusions in other organs, such as lungs, extremities and sense organs".

Udo Erasmus "Fats and Oils" p. 98

john r. carlson
15 west college drive
arlington heights, illinois 60004



FDA DOCKET MANAGEMENT
HFA - 305 FDA
5630 FISHERS LN #1061
ROCKVILLE, MD
20852

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